

# Precision News

Taking performance to the  
next level.



## Welcome to Athletic Precision

**Summer** is gone and most of you athletes are ready for the fall season and have already been 3 weeks into your pre-season conditioning program. The main concerns you must be aware of is hydration, exhaustion and recovery time. As an athlete being in tune with your body is a key element to a successful fall season. Good luck to all of the athletes that Athletic Precision has trained over the summer.

**Remember Training is a year long process!!**

### Athletic Precision Points of interest this month:

- Welcome and tip
- Speed Endurance Program
- Weight Loss for athletes
- Dates

### Dates to remember

- Sept. College Football Starts
- Sept. Tennis US Open
- Oct. Baseball Playoffs
- Oct. NBA opens camps
- Off season Training for baseball and softball begin



## HEALTHY WEIGHT LOSS FOR ATHLETES

An acronym, **GOADA**, highlights the primary issues for healthy weight loss for athletes:

- **Gradual** - Rapid weight loss is more likely to cause loss of muscle and bone tissue and carbohydrate fuel, and promote undesirable changes in hormones, metabolic rate, vigor and mood.
- **Off-season** - If possible, significant weight loss should occur during the off-season to avoid an energy drain that can compromise training and skill development during the competitive season.
- **Activity** - Some athletes may be able to increase their calorie burning by adding aerobic conditioning.
- **Diet** - For many, diet will be the focus of weight loss efforts. Research shows that adequate carbohydrate (6-8 g/kg), protein (1.5-2 g/kg), vitamins and minerals (at least 100% of RDA), and a low fat (15-25% of energy) diet of about 500-1000 kcal less than required for maintaining body weight is best for weight loss.
- **Avoid** - Although tempting for rapid results, dehydration, fad diets, supplements, and drugs should never be used for weight loss. The Center for Disease Control has had reports of adverse health reactions and even death from the use of ephedrine, a supplement in many over the counter weight loss supplements. Dehydration reduces performance, increases risk of heat injury and has contributed to the death of athletes in weight class and endurance sports.

## Exercise Drills of the month: Speed Endurance Training Program

Below are some drills that can be used to improve speed endurance. This can be used as a separate speed endurance workout for a 400/800m athlete.

### 300 yard shuttle

4 reps

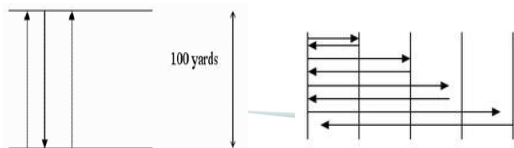
Rest: 1:30 between reps

### Suicides (shuttle run)

4 reps

5-10-15-20

Rest: 1 min between reps



### Interval Run

Sprint 200 yards, Jog 200 yards  
Sprint 400 yards, Jog 200 yards  
Sprint 600 yards, Jog 400 yards  
Sprint 800 yards, Jog 400 yards.

Since there are no recovery periods between runs like there would be in football it is sometimes hard to determine a proper rest period. You should be jogging enough so that your heart rate is still somewhat elevated. You jogging heart rate shouldn't drop lower than 60-70% of their maximum heart rate. Once the heart rate drops below then start the next sprint even if you haven't completed the distance that is indicated in jog. Complete this interval run 2-3 times.



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